

Leadership Through Personal Change

WINTER 2009

Words from the Chair, Consumer Advisory Committee



Cindy White

In November we gave presentations about our goals and reviewed new leadership DVDs. There were also two new members who are getting the hang of **THINK, PLAN, DO** – what we do to make our dream

goals happen. I want to say how proud I am to lead this great team. It was our **THINK, PLAN, DO** that did it with help from our coaches and presenters who showed us new ways of doing things. Let's keep up our leadership project and mission. Have a bright, healthy and safe new year.

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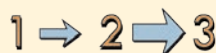
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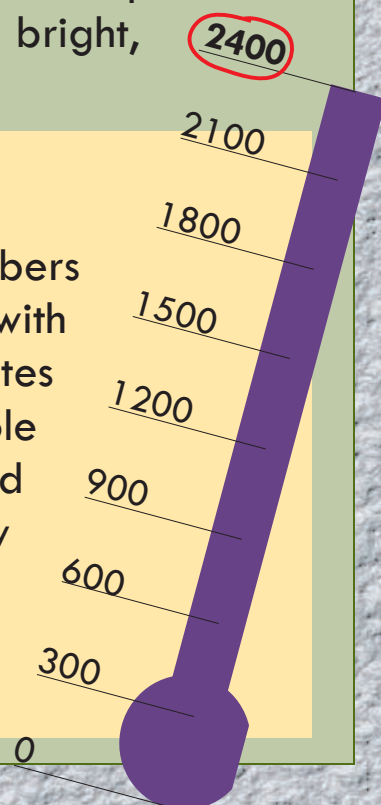
My Life, My Way!



**A Leadership Project
sponsored by DDS CAC**

Beyond our Goal

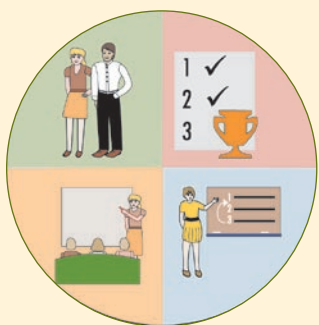
Congratulations to CAC members who shared leadership DVDs with more than 2,400 self-advocates across California. Call Nicole Patterson, if you are interested in having a CAC member show the DVDs at an advocacy meeting in your community.
(916) 654-1494





LEADERSHIP THROUGH PERSONAL CHANGE

Leadership Project



CAC members are sharing personal success and CAC resources across California.

They have conducted presentations on many leadership topics, from “Finding A Job” to “Leading My Team Meetings.”

Soon all 15 of their leadership DVDs and Guides will be available through DDS. Through example, the CAC encourages others to **THINK** for themselves, **PLAN** with their team, and **DO** what they need to live their lives, their way.

New Members

Tracy Mensch manages the AllStar Cafe at Kern Regional Center in Bakersfield. She participated in statewide Senate Bill 1270 meetings and is on the *State Council on Developmental Disabilities*.



Eugenia Jones is on the *Eastern Los Angeles Regional Center CAC*. She helped put together their **Guide to Healthy Living** and is in the new DVD **Thinking Ahead: My Life, My Choice, My Life at the End**.



Feeling Safe, Being Safe

CAC members Pattie, Debbie, Cindy, Robert, Krisi, Eugenia and Sam became certified trainers to



teach more people how to be prepared for an emergency. They will show people how to use

Feeling Safe, Being Safe tools and put together a home emergency kit.

In December, Krisi and Robert helped train more than 50 staff members from the Office of Clients' Rights Advocacy of Disability Rights California.

For more info about **Feeling Safe, Being Safe** training and tools, contact Nicole Patterson.

(916) 654-1494



FOCUS AREAS

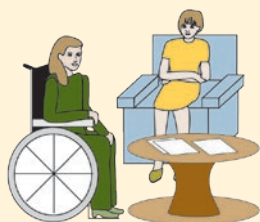
CAC Leadership DVDs

Making A Decision

When I showed it to people, they liked it!



Finding a Mentor



I use people from my doctor's office as mentors.

Public Speaking

I have learned by seeing the DVD to prepare for public speaking.



Leading My Team Meeting



I explained it was for an IPP meeting.

Building a Career

I am working on my career goal and keeping in touch with my mentor.



Having My Own Business

Now other people want to have their own business.



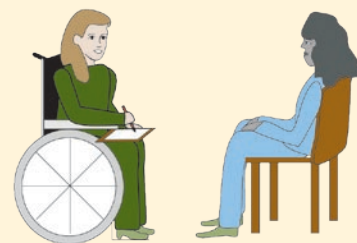
Accepting Advice



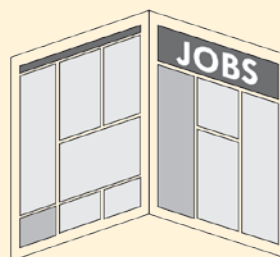
I now help at a hospital because I got advice.

Listening & Asking Questions

It really helps me be empowered.



Finding a Job



Now I have a new job working for the state.

Coaching Can Help Anyone

CAC members use Life and Wellness Coaches to help with their success. Coaches have scheduled telephone meetings: they listen and provide guidance to help each member with their leadership goals.



Patti – She helps me keep my diabetes under control.



Sam – He helps me think about putting things into THINK, PLAN, DO.



Kim – It helps to get ideas and have a direction.



Robert – Get advice and decide what to do next.



Amy – If I have an idea, they are there to listen.



John – He helped me stay focused.

Tips for Providers

How to support people.

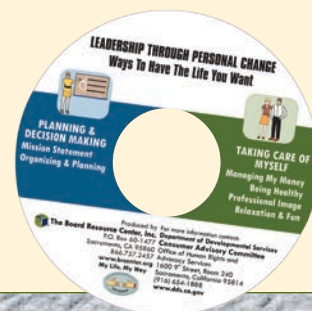
- ❖ Listen.
- ❖ Encourage people.
- ❖ Be understanding and patient.
- ❖ Give people time to speak.
- ❖ Care about people.
- ❖ Educate people and be willing to be educated.

Supported Life Conference

Members conducted 3 presentations at the Supported Life Conference in October. They showed how to use the new **Thinking Ahead – My Choice, My Life at the End** booklet, the **Feeling Safe, Being Safe** emergency planning tools, and new **CAC Leadership Project DVDs**.

National Presentation

New CAC DVDs were presented at the December TASH conference in Nashville, Tennessee. TASH is a nationwide advocacy organization.



Coming Up

The CAC now has 2 vacancies. Call Nicole Patterson for more information **(916) 654-1494** or go to the Consumer Corner at the DDS website **www.dds.gov.ca**

Consumer Advisory Committee Membership Application

1. Your Name:

2. Your Address:

3. Your Daytime Telephone:

() _____

4. Your Evening Telephone :

() _____

5. Name of Your Regional Center
or Developmental Center:

6. Are you a member of:

☐ Local People First

☐ Local self-advocacy group

CAC Tools

All leadership DVDs and Guides will be available in early 2009. For more information, contact Nicole at **916-654-1494**.



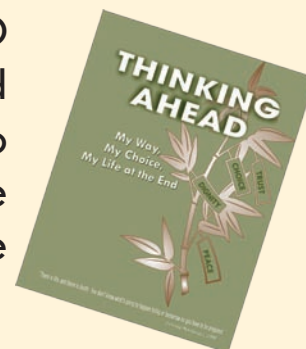
CAC on YouTube

CAC DVDs can be seen online at Youtube. Write your comments about the CAC's DVDs for the world to read on the Web. **www.youtube.com** Search words: **CAC leadership**



Thinking Ahead

Use **Thinking Ahead, My Way, My Choice, My Life at the End** workbook and DVD to think, plan and take action — so your choices at the end of life can be protected.



For more information, contact Judy Citco at **(916) 552-7573** or online at **www.finalchoices.org**. It can also be found on the Consumer Corner at **www.dds.gov.ca**

GOOD TIPS

In Tight Budget Times, Remember How to Manage Your Money



Make sure
you have
enough to
pay your
monthly bills

before spending or saving for
something fun.

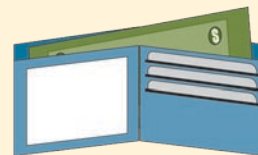


Open a
savings
account at
a bank and

watch it grow – OR – Get a can
or small box to keep your saved
money.



Don't carry
a lot of
money in
your wallet
or purse.



Don't buy things
on impulse.



Don't forget to ask
yourself, do I really
need it?



To obtain additional copies and CAC tools
Nicole Patterson, Consumer Services Coordinator, DDS
Office of Human Rights & Advocacy Services
1600 9th Street, Room 240
Sacramento, CA 95814
916-654-1888
nicole.patterson@dds.ca.gov
OR
Mark Starford

The Board Resource Center, Inc.



PO Box 601477, Sacramento, CA 95860
866-757-2457 mark@brcenter.org

NEXT CAC MEETING



Come join us at the
Hawthorne Suites
321 Bercut Drive
Sacramento, CA